



Massage

INDIAN HEAD MASSAGE

Indian Head Massage (Champissage) is a blissfully relaxing form of holistic massage applied normally to the head, neck, shoulders and upper arms. Not surprisingly, it originated as part of the Ayurvedic medicine tradition in India where it has been practised for thousands of years. The head and hair are sensitive. Stroking them is pleasant and soothing. This therapy helps to relieve stress, tension headaches, eyestrain and insomnia. It also works on the body's subtle energy to rebalance the whole person. Indian head massage includes massage of the shoulders, upper arms, neck, scalp, face, ears and energy balancing.

It is based on the traditional form of Champi (head massage) practised in India for over 1,000 years. It is a wonderfully relaxing therapy. The massage is safe, and very effective to give, without the need to undress or use oils. It can provide relief from aches and pains, stress symptoms, insomnia, promote hair growth, soothe, comfort and rebalance your energy flow which gives you a deep sense of peace, calm and tranquillity.

Aromatherapy

Aromatherapy works on the basis that the smell of the essential oils trigger the limbic system - the part of the brain that seems to be linked with emotion. This is why it can affect how you feel, and help you relax. Massage helps your skin to absorb warmed essential oils; these oils improve the effectiveness of the massage in treating specific physical problems.

Deep Tissue Massage

This massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fiber's of the muscles, tendons and fascia.

At our beauty salon in Victoria SW1, Central London and close to Pimlico, Westminster and St James's, deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles not with the grain. Deep tissue massage helps to break up and eliminate scar tissue. Deep tissue massage usually focuses on more specific areas and may cause some soreness during or right after the massage. However, if the massage is done correctly you should feel better than ever within a day or two.

Swedish Massage

The skin's natural functions will be stimulated improving the condition of the skin and the warmth created will help relax the body physically and mentally. Body massage originated in Sweden. Swedish body massage is the original massage technique involving a sequence of movements working superficially and deeper into the tissue layers. Movements such as effleurage work over the skin with the palm of the hand producing relaxation, whereas movements like petrissage work deeply.

Petrissage movements such as wringing and kneading will help to relieve tension promoting deep relaxation in the tissues and muscles. As no two people are alike, the body massage sequence will be adapted to the client's needs. Massage may be offered in the salon for one hour or half hour treatments, treatments may also be described as back massage, stress massage, all being adaptations of a Swedish body massage.

HOT STONE MASSAGE

Heated stones are placed in cloth and laid over the body to relax and ease any muscular discomfort or pain, boosting the body's natural healing and regenerative processes. Once the heat of the stones has warmed and softened the muscles, the therapist is able to go deeper and perform a far more intense massage, resulting in a highly relaxing experience. Hot stone massage treatments have been used across cultures for many years. The power of their natural warmth and energy has been shown to benefit sufferers of many conditions including: muscular aches, pains, and strains, rheumatic and arthritic conditions, multiple sclerosis, Fibromyalgia, back pain and insomnia.

Toning & Firming

Release your tensions and rejuvenate your inner self with the pure pleasure of a variety of calming massages. Please ask in-store for further details.

Absolue Minceur

The new all-in-one relaxing, slimming and firming body treatment with immediate visible results! Utilising a Guinot first, Lipokinases to eliminate fats; essential oils to drain; and absorbent clay to draw off toxins and excess water; rounded off with an effleurage massage to multiply the effects of the active ingredients. This leaves you not only looking good on the outside but feeling great inside too.

Body Bien Etre

A luxurious French body treatment for an utterly sleek and spoilt feeling! An invigorating body scrub, a gentle cleanse, followed by a relaxing back, neck and shoulder massage, this treatment tones and rehydrates the skin, leaving a natural radiance. Don't you deserve it?

Hydradermie for the Bust:

Revitalises and tones the elastic and connective support tissues. The salon results are a noticeable firming and lifting of the breast contours to give a more youthful appearance. A course of 8 treatments is recommended.